



020 8780 9330

Regenerate-RISE is now required by law to list all allergens that are contained within the ingredients that we cook with. This will vary every month, so please - if you are allergic to any of the ingredients listed, please inform the Cook

If you would like a Jacket Potato, Fish in Batter or Quiche instead please ring up the day before to request it

If you would like a yoghurt or Cheese and Biscuits instead of the dessert please ring up and request it

Cooking Instructions

Microwave: Remove lid and microwave for 2-3 mins in 1000W microwave. Give an extra minute if the microwave is less powerful. Stir the meal if applicable. Heat in 30 second increments until desired temperature is reached. Ensure that the meal is hot throughout.

Oven Cook: Place meal on a plate and covering with silver foil, place in a pre-heated oven at 180 C and heat for approximately 10-15 minutes until piping hot throughout.

Welcome to the Regenerate-RISE
Home Delivery Service

Menu March 2021

All the meals are with the Vegetables of the Day—we are not always able to be specific as it depends what is available on the day

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| Monday, 1 | Minced Beef & Onion Pie with Mashed Potatoes and Vegetables
Jelly and Fruit Pots |
| Tuesday, 2 | BBQ Chicken with Saute Potatoes and Vegetables
Jam and Coconut Sponge with Custard |
| Wednesday, 3 | Gammon with Pineapple, Fresh Tomato, New Potatoes
Peas and Parsley Sauce
Home-made Trifle |
| Friday, 5 | Sliced Turkey, Yorkshire Pudding, Roast Potatoes and Vegetables with Redcurrant Jelly
Meringue Nest with Tinned Fruit and Cream |
| Monday, 8 | Sausage Pasta Bake with Peas and Salad
Rice Pudding with Jam |
| Tuesday, 9 | Liver and Bacon with Onions, Mashed Potatoes and Vegetables
Bakewell Tart and Custard |
| Wednesday, 10 | Roast Chicken, Stuffing, Yorkshire Pudding, Roast Potatoes and Vegetables
Gateaux with Cream |
| Friday, 12 | Steak and Kidney Pie, Boiled Potatoes and Vegetables
Strawberry Shortbread Stack |
| Monday, 15 | Shepherds Pie with Vegetables
Peaches and Custard |
| Tuesday, 16 | Chicken Curry with Rice
Fresh Fruit and Cream |

Enjoy your meal

Wednesday, 17 Pork Chop with Apple Sauce, Yorkshire Pudding,
Roast Potatoes and Vegetables
Coffee Sponge with Bananas and Butterscotch Angel
Delight

Friday, 19 Fish Pie with Vegetables and Salad
Sultana and Cherry Cake with Custard

Monday, 22 Creamy Mushroom Chicken with New Potatoes and
Vegetables
Profiteroles and Cream

Tuesday, 23 Sausages with Onions, Baked Beans, Peas and Mashed
Potatoes
Cheesecake and Cream

Wednesday, 24 Spaghetti Bolognese with a pot of Cheese
Lemon Shortbread Squares with Cream

Friday, 26 Salmon with Leeks in White Wine Sauce with Saute
Potatoes and Vegetables
Sponge Fingers soaked in Pears with Chocolate Sauce

Monday, 29 Broccoli and Tuna Pasta Bake with Peas and Salad
Pineapple Upside Down Cake with Custard

Tuesday, 30 Chicken Casserole with Dumplings, New Potatoes and
Vegetables
Home-made Chocolate Trifle

Wednesday, 31 Sausage and Baked Bean Casserole with Rice
Peach Crumble with Custard

**We will be charging £6 for Lunch and Dessert
from Tuesday, 6 April 2021**

If you have any comments to make about your lunches, please do complete
a Comments Card. If there is something specific you would like next

Allergens in March's Menu

Cream: Milk; Gravy: Wheat, Celery, Barley, Soya and Milk;

Yorkshire Pudding: Wheat; Pie: Wheat;

Profiteroles: Wheat, Milk; Custard: Milk; Fish Pie: Fish, Milk, Wheat;

Shortcake: Wheat; Sausages: Wheat; Lasagne: Wheat

Rice Pudding: Milk; Trifle: Wheat, Milk; Pastry: Wheat; Lemon Drizz:e

*Cake: Wheat, Eggs, Milk; Meringue Nest: Eggs, Milk; Coffee Cake: Eggs,
Wheat, Milk; Chocolate Sauce: Milk (may contain Nuts); Cheesecake: Milk;*

Cheese: Milk; Pastry: Wheat; Angel Delight: Milk; Chicken Curry: Milk;

Spaghetti: Wheat; Dumplings: Wheat; Dream Topping: Milk; Sponge

Fingers: Wheat; Cake/Gateaux: Wheat, Eggs, Milk; Crumble: Wheat

FRIDAYS

Gateaux are £1 a slice

5th Coffee Cake with Mocha Frosting

12th Lemon Victoria Sponge

19th Rocky Road Slice

26th Gingerbread and Honey Loaf with Cream

Returning to Day Services

Following the Prime Ministers recent announcement, we are now going to be preparing to welcome you back. This will be done in stages. Initially from approximately mid-May, in line with government guidelines, we will be inviting you to the Platt Centre in bubbles, whilst St Michael's continues as an outreach base. We will work towards St Michael's re-opening as a Centre by September. We will be writing to you all with the detail as soon as it is finalised. It is expected that we will be able to provide a service for 20 people at a time initially and regardless of where you live in the borough, you will be welcome to attend on a rota basis. We are so looking forward to seeing you again.

EASTER TREAT

**We will be providing an Easter Sunday lunch for you
delivered on Saturday, 3 April**